



AMENDMENTS TO THE SPECIFICATION

Clean Version of Replacement Paragraphs

Please replace the paragraph beginning on Page 8, line 17 of the Detailed Description (third paragraph of the Detailed Description) with the following paragraph:

With reference to Figure 1, an exemplary system is illustrated that provides a suitable operating environment for the present invention. In Figure 1, an exercise device, illustrated as exercise device 10, is provided that includes a vertical support 12, a base 14, articulating extension arms 16a-b, and handles 18a-b. Base 14 is coupled to vertical support 12 and provides stability to exercise device 10. Handles 18a-b extend from the distal ends of respective arms 16a-b to allow a user to pull therefrom in order to lift a selectable weight stack 15 having a plurality of selectable weights located in vertical support 12. By way of example, the weight stack 15 may be configured as disclosed in U.S. Patent No. 6,238,323, entitled "Cable Crossover Exercise Apparatus," to Simonson, which is incorporated herein by reference, or in a similar manner.

Please replace the paragraph beginning on Page 9, line 4 of the Detailed Description (fourth paragraph of the Detailed Description), with the following paragraph:

Thus, a user may select an amount of weight to lift from the weight stack 15, stand on base 14, and pull handle 18a and/or handle 18b to lift the selected weight amount as part of a weight training workout. In one embodiment, distal members 19a and 19b rotate with respect to respective arms 16a and 16b.

Please replace the paragraph beginning on page 9, line 18 of the Detailed Description (sixth paragraph of the Detailed Description), with the following paragraph:

The pivoting of arms 16a-b modifies the direction in which the handles are pulled in order to lift the weight stack 15. For example, when arm 16b is positioned and secured so as to extend in an upward direction from pivotal connection assembly 20b, a user pulls vertically downward on handle 18b in order to lift the weight stack 15. Alternatively, when arm 16b is positioned and secured so as to extend in a downward direction from connection assembly 20b, a user pulls vertically upward on handle 18b in order to lift the weight stack 15. Likewise, when arm 16b is positioned and secured so as to extend out from pivotal connection assembly 20b, so as to form a right angle with vertical support 12, a user may pull horizontally on handle 18b in order to lift the weight stack 15. The positioning of arm 16b to modify the direction in which the handles are pulled automatically reorients a pulley in an internal pulley system.

In the paragraph beginning on Page 12, line 16 of the Detailed Description (seventeenth paragraph of the Detailed Description), please amend the specification as reflected in the following marked-up version of the paragraph:

A cord 53 having a first end 54 and a second end 55 is used in the pulley system to allow a user to exert a force against a resistance assembly, e.g., by lifting a weight stack 15 of the exercise device. First end 54 of cord 53 can be coupled to the resistance assembly, e.g., a weight stack 15. The cord 53 is received by the channel rim of pulley 32, which is aligned with the hollow passageway of tube 44. The cord 53 also enters the aperture of tube 44 located at the first

end 46, extends along the hollow passageway of tube 44 and is received by the channel rim of pulley 46, where it exits aperture 48, extends along arm 16b and is coupled to handle 18b of Figure 1. Thus, the first end 54 of the cord 53 couples to the weight stack 15, the second end 55 of the cord 53 couples to a handle to be gripped by a user, while an intermediate portion 61 of the cord 53 extends between the pulleys 32 and 50.

In the paragraph beginning on Page 13, line 22 of the Detailed Description (twenty second paragraph of the Detailed Description), please amend the specification as reflected in the following marked-up version of the paragraph:

The cord 53 can be threaded through the pulley system by placing the cord 53 in the channel 31 of the first pulley 32, extending the cord 53 through the first aperture of tube 44 and along the hollow passageway of tube 44, and placing cord 53 on the channel 51 of second pulley 50, thereby extending the cord 53 out of second aperture 48. The cord 53 may be affixed to a resistance assembly at the first end and pulled at the second end, which is coupled to handle 18b (Figure 1), to enable the lifting of the load.

AMENDMENTS TO THE SPECIFICATION -- Marked Up Version

In the paragraph beginning on Page 8, line 17 of the Detailed Description (third paragraph of the Detailed Description) please amend the specification as reflected in the following marked-up version of the paragraph:

With reference to Figure 1, an exemplary system is illustrated that provides a suitable operating environment for the present invention. In Figure 1, an exercise device, illustrated as exercise device 10, is provided that includes a vertical support 12, a base 14, articulating extension arms 16a-b, and handles 18a-b. Base 14 is coupled to vertical support 12 and provides stability to exercise device 10. Handles 18a-b extend from the distal ends of respective arms 16a-b to allow a user to pull therefrom in order to lift a selectable weight stack 15 (not shown) having a plurality of selectable weights located in vertical support 12. By way of example, the weight stack 15 may be configured as disclosed in U.S. Patent No. 6,238,323, entitled "Cable Crossover Exercise Apparatus," to Simonson, which is incorporated herein by reference, or in a similar manner.

In the paragraph beginning on Page 9, line 4 of the Detailed Description (fourth paragraph of the Detailed Description), please amend the specification as reflected in the following marked-up version of the paragraph:

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In the paragraph beginning on Page 12, line 16 of the Detailed Description (seventeenth paragraph of the Detailed Description), please amend the specification as reflected in the following marked-up version of the paragraph:

A cord 53 having a first end 54 and a second end 55 is used in the pulley system to allow a user to exert a force against a resistance assembly, e.g., by lifting a weight stack 15 of the exercise device. First end 54 of cord 53 can be coupled to the resistance assembly, e.g., a weight stack 15. The cord 53 is received by the channel rim of pulley 32, which is aligned with the

hollow passageway of tube 44. The cord 53 also enters the aperture of tube 44 located at the first end 46, extends along the hollow passageway of tube 44 and is received by the channel rim of pulley 46, where it exits aperture 48, extends along arm 16b and is coupled to handle 18b of Figure 1. Thus, the first end 54 of the cord 53 couples to the weight stack 15, the second end 55 of the cord 53 couples to a handle to be gripped by a user, while an intermediate portion 61 of the cord 53 extends between the pulleys 32 and 50.

In the paragraph beginning on Page 13, line 22 of the Detailed Description (twenty second paragraph of the Detailed Description), please amend the specification as reflected in the following marked-up version of the paragraph:

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